



Water Safety



*Fish rarely drown. People sometimes do.
If you weren't born with scales on your back,
Read on and Learn the
"Rules to Safe Swimming"*

Summer and swimming go hand in hand. Unfortunately, many people, especially young children, are injured in pool-related accidents. Annually, between 60 to 90 percent of drowning among children between the ages of 0 and 4 occur in residential swimming pools, with more than half of these occurring at the child's own home. Among children under the age of 15, drowning is the second leading cause of death.

Young children aren't the only victims of drowning. In 1996, nearly 3,000 people over the age of 15 drowned in the United States while participating in water sports like swimming. It is uncertain how many people survive a drowning. However, those who do survive, often suffer brain damage.

PROTECT YOURSELF FROM SWIMMING ACCIDENTS

- Take swimming instruction from a qualified Water Safety Instructor.
- Make safety a top priority when choosing a place for water recreation.
- Never swim alone and always confine your water activities to areas supervised by lifeguards or qualified adults.
- Know and obey the safety rules posted in the area where you are swimming. Learn where the lifeguards are located and where to find rescue equipment and a telephone. If available, keep a cell phone handy.
- Don't engage in horseplay. Pushing, Shoving and running in swimming areas is dangerous.
- Never leave children alone near water. Swimming lessons don't make a child "drown proof".
- Do not rely on inflatable objects like rafts or toys to keep you afloat if you are a poor swimmer.
- Wade or slowly enter feet first into unfamiliar waters (or familiar waters the first time on each trip).
- Don't swim or wade in swift-moving water. If you are swept into a current, swim with it and angle toward the shore or edge of the current, until you reach safety.
- Stay out of water that feels too cold. Cold water can be a shock to the body, causing hypothermia and rendering a swimmer unconscious in minutes.
- Check the weather before you start swimming and avoid swimming in stormy weather. If you see lightning, get out of the water immediately.
- Before you enter the water, have an emergency plan for responding to water accidents.



- **Know your limitations.** Unless you are trained as a lifeguard, you are putting yourself and a swimmer who is in trouble in danger by attempting to swim to their rescue. Instead, stay out of the water and avoid making physical contact. If possible, throw them a rope or buoy, or extend a paddle or other object they can grab.

If you think there's something "**FISHY**" about the area you've chosen for swimming, follow the garrison Water Safety Policy guidance on Authorized Swimming Areas.



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"Water Activity Safety Tips from your Installation Safety Office"

YOUR TRI-BORDER CONNECTION TO SAFETY

